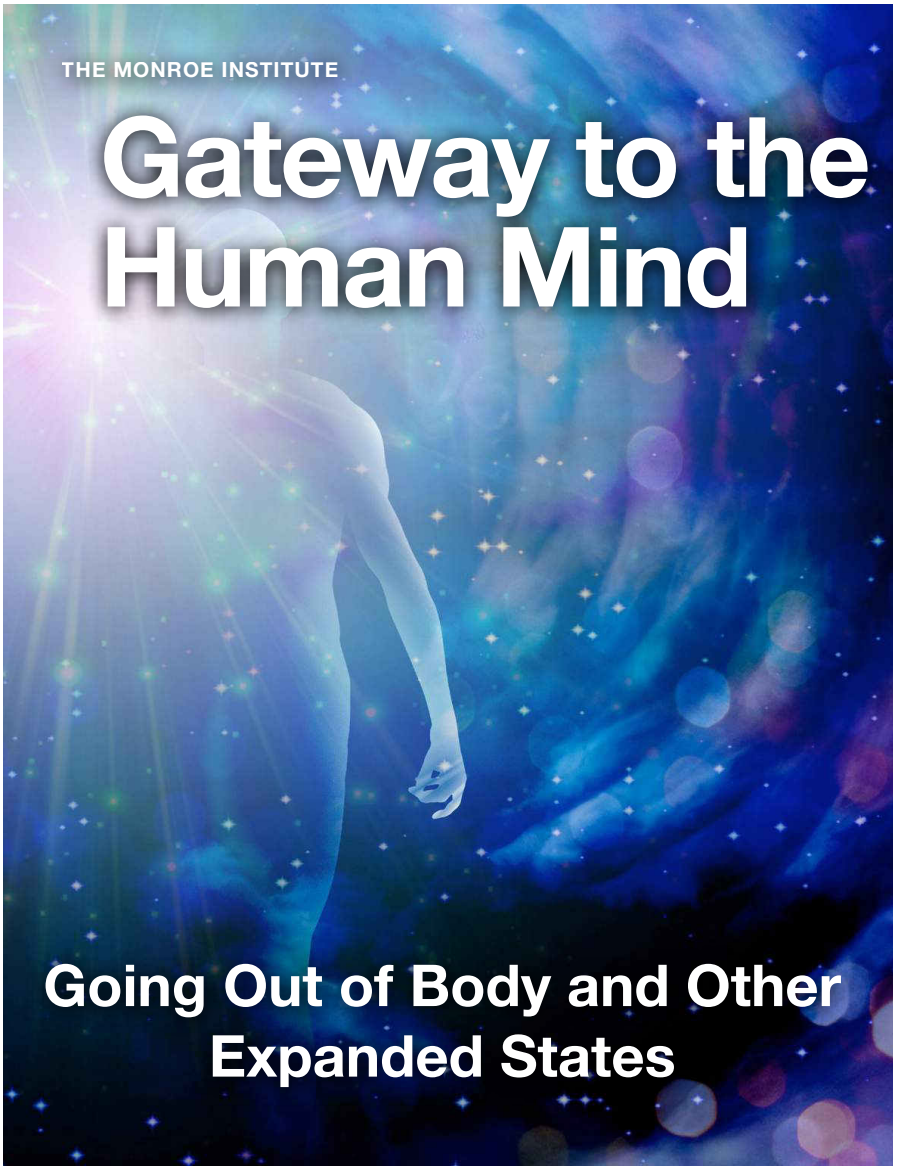
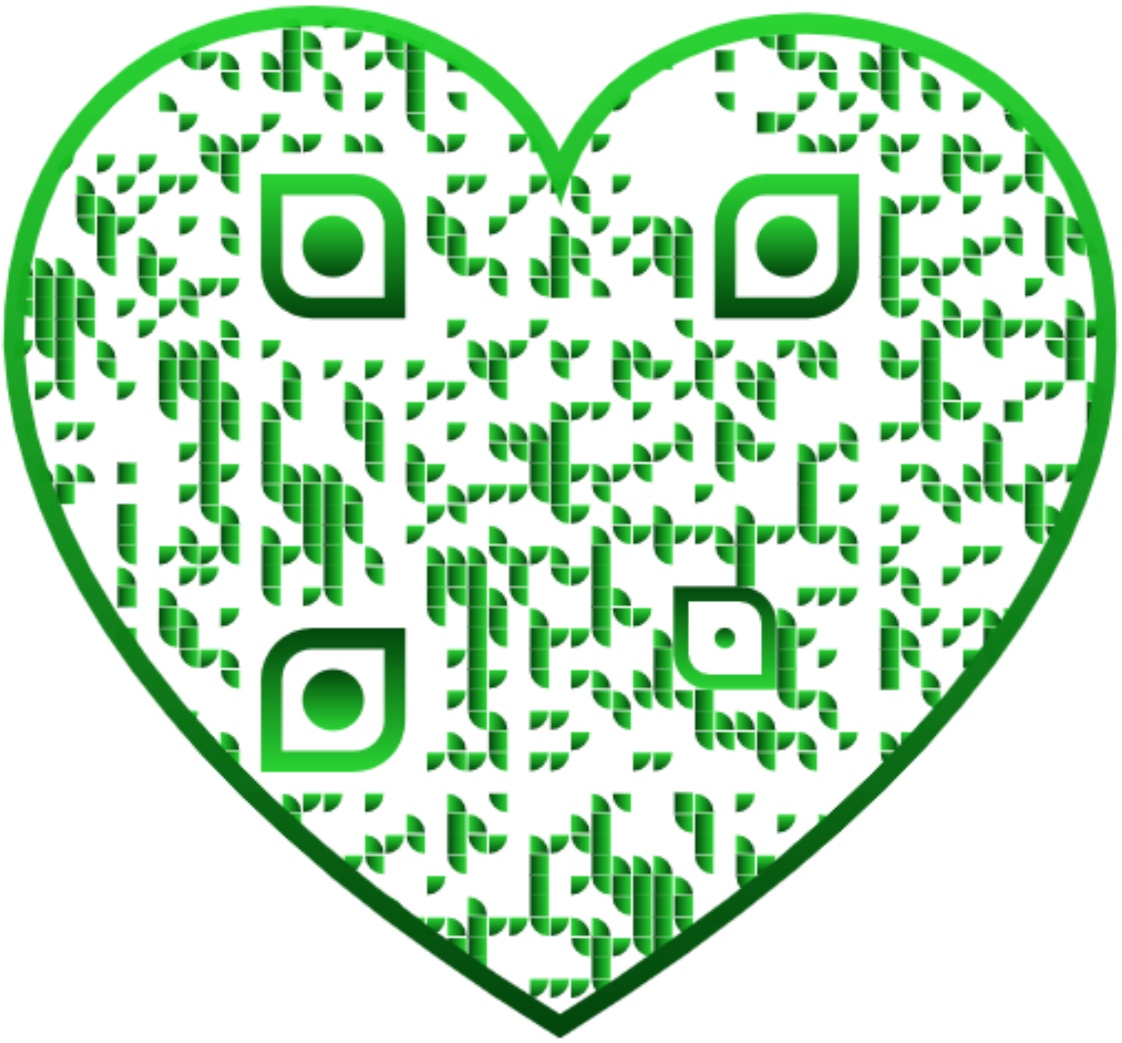

THE MONROE INSTITUTE
Gateway to the Human Mind
Going Out of Body and Other Expanded States



Gateway to the Human Mind:

Going Out of Body and Other Expanded States.

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Foreword

“We are masters of ourselves, but not at the conscious level.”

- Robert Monroe

Bob Monroe hated computers.

He didn’t understand them, didn’t trust them. He saw computers as a necessary evil at best. He was an engineer at heart, if not by trade, who took great delight in acquiring old audio tech at auctions and sales, figuring it would someday come in handy. We still have remnants of that stockpile. He also had one of the earliest electronic superscript synthesizers, which he used to create music accompaniment for Hemi-Sync® exercises.

But computers were not his friend. You have to remember, this was back in the late 1980s. The World Wide Web was just gearing up. On one occasion, after listening to an Institute staffer extoll the benefits of the Internet, Bob directed him to,“Print me a copy of everything on the Web and I’ll take a look at it.”

Were Bob here today, I think he would be thrilled to witness the publication of TMI’s first e-book, *Gateway to the Human Mind: Going Out of Body and Other Expanded States*. His heart’s desire was to provide his discovery, the unique and powerful Monroe tools and technologies, to people in every corner of the globe for the purpose of expanding the uses

and understanding of human consciousness. His final admonition was to “Get it out there!”

And so we are.

This e-book is designed to introduce you to Monroe technologies and the power of brainwave entrainment on consciousness, behavior, thought, and emotion. Robert Monroe and Nancy Penn Monroe, the Institute’s founders, established The Monroe Institute (TMI) to further the exploration of consciousness, expanded awareness, and discovery of self through technology, education, research, and development.

TMI provides experiential educational programs facilitating the personal exploration of consciousness. During the last 40+ years, tens of thousands of people have attended the Institute’s residential and *Outreach* programs, and millions have benefited from our educational materials.

The Monroe Institute is a nonprofit organization devoted to the premise that focused consciousness contains definitive solutions to the questions of human experience.

If you are intrigued by the notion of discovering your unlimited self, you will enjoy this e-book.

With a warm welcome,

Nancy H. McMoneagle

President, Executive Director

Chapter 1

INTRODUCTION

“You Are More Than Your Physical Body.”

Chapter 1

Introduction

What is consciousness, beyond the dictionary definition?

Ultimately, of course, we can only know consciousness from our own experience. Robert Monroe offered what is perhaps the broadest definition:

"We are expressions of energy. Consciousness is focused energy. Energy focused is exponential. Consciousness is a form of [focused] energy at work."

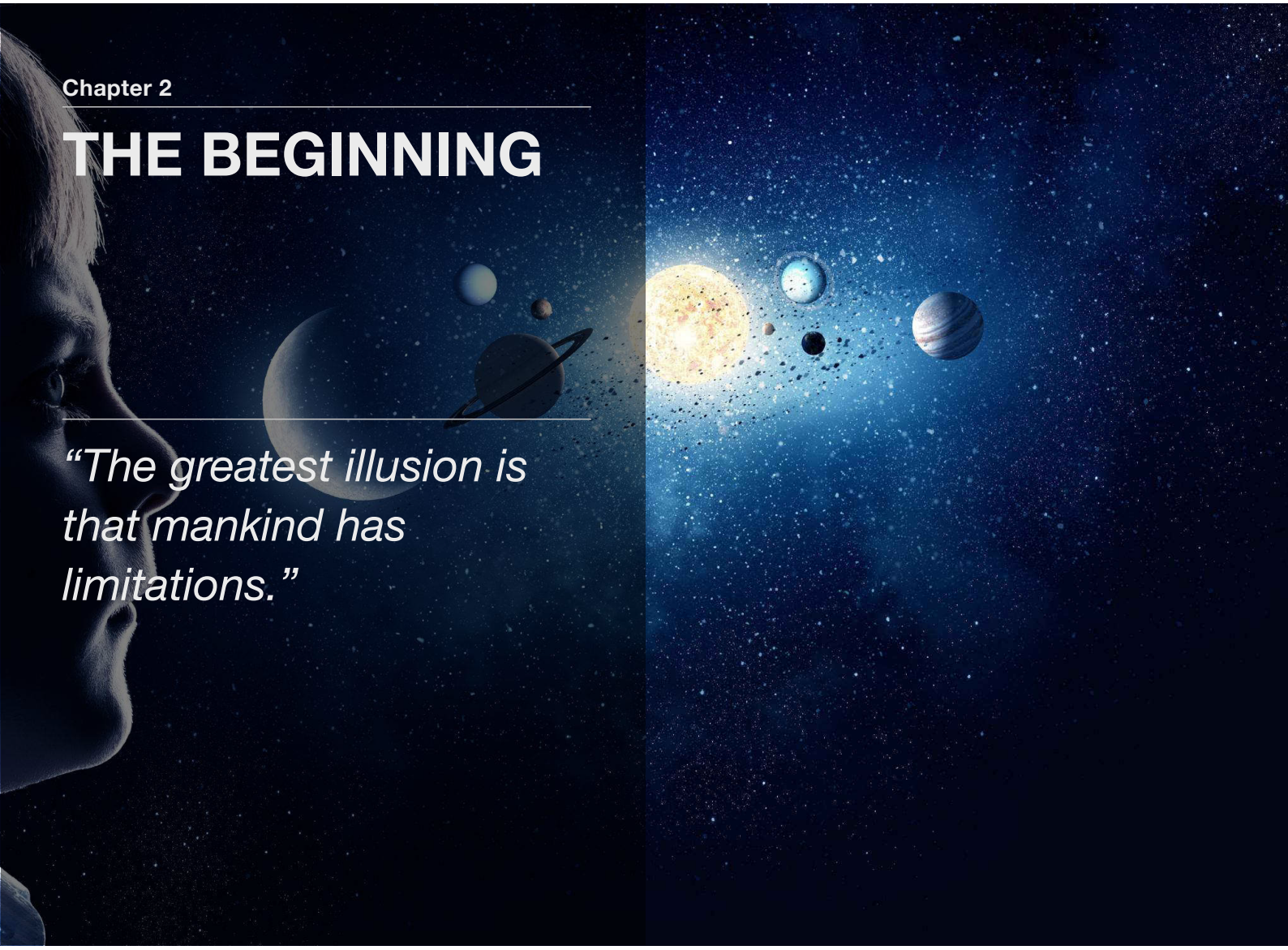
That pragmatic view of consciousness is precisely the basis on which The Monroe Institute was established. For Monroe, the "What is it?" question evolved into "How can I use it?" and ultimately, "How can I teach others to use it?" Therein lies the intention and purpose of TMI.

"You are more than your physical body."

Consider for a moment, that You, the essence of You, are more than your physical body. Now imagine there existed a method for expanding your consciousness far beyond the confines of your physical body. Where would this take you? What revelations would you have? What if there lay the answers to Who you are, Where you are, and perhaps, Why you are?

What we know about human consciousness today is only a fraction of what perhaps human consciousness could be. Robert Monroe, a trailblazer in the field of consciousness exploration, gifted the world with the creation of a specialized technology to help humans explore the borders, or edges, of consciousness as we know it.

Monroe’s commitment to educating those interested in the benefits of expanded awareness led him to develop Hemi-Sync. Hemispheric-Synchronization, or Hemi-Sync, is a powerful audio guidance technology that leads you from the physical waking state into deep relaxation, states of expanded awareness, and ultimately, into unexplored dimensions of consciousness.



Chapter 2

THE BEGINNING

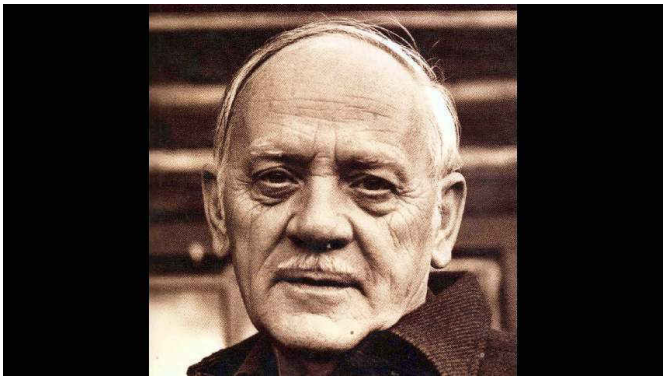
“The greatest illusion is that mankind has limitations.”

Chapter 2

The Beginning

Robert Monroe was a successful and distinguished business executive, dedicated family man, and noted pioneer in the investigation of human consciousness. He invented Hemi-Sync and founded The Monroe Institute, a worldwide organization dedicated to expanding the uses and understanding of human consciousness. TMI is still to this day the foremost educational campus on the exploration of consciousness.

In the 1950s, Monroe became interested in the possible connection between nonverbal audio patterns and brainwave rhythms. He often used himself as a test subject for this research. In 1958, he began having "out-of-body experiences," or states of consciousness separate and apart from the physical



body. These spontaneous experiences altered the course of Monroe's life forever.

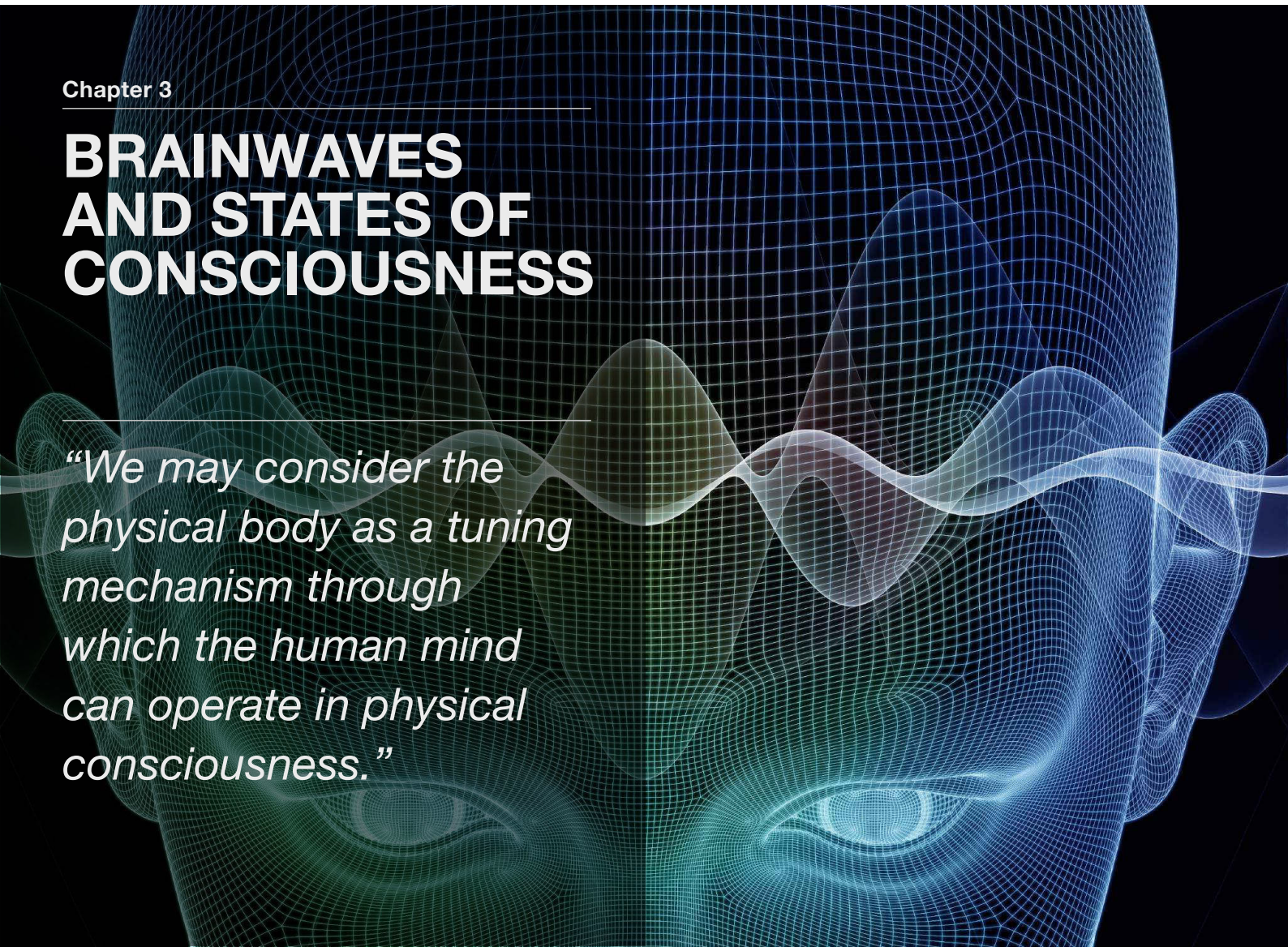
Monroe began to experiment and research what he was experiencing. He chronicled his early out-of-body explorations and published them in his book, *Journeys Out of the Body.* Monroe's report of his experiences drew the attention of a wide range of

professionals from scientists to doctors and engineers.

Monroe and a team of researchers began to develop a technology to induce and control these consciousness-expanding experiences. This research led to the creation of an easy-to-use audio guidance technology known as hemispheric synchronization or Hemi-Sync.

Throughout the next 20 years, Monroe continued to explore, research, and teach others about expanded states of human consciousness and experiential ways to enhance human potential. He created a series of programs that allow participants to personally explore realms beyond physical time and space, built an institute for teaching and research, and created a portfolio of audio exercises designed to focus attention, reduce stress, improve meditation, enhance sleep, and manage pain, among other applications.

In 1985, he published *Far Journeys*, an expansion upon his personal explorations of the nonphysical reality. In 1994, he published *Ultimate Journey*, a book that explores the essential truths about the meaning and purpose of life and also examines what lies beyond the limits of our physical world. Monroe died in 1995, at the age of 79. His legacy continues today and has touched the lives of literally millions of people all around the world.



Chapter 3

BRAINWAVES AND STATES OF CONSCIOUSNESS

"We may consider the physical body as a tuning mechanism through which the human mind can operate in physical consciousness."

Chapter 3

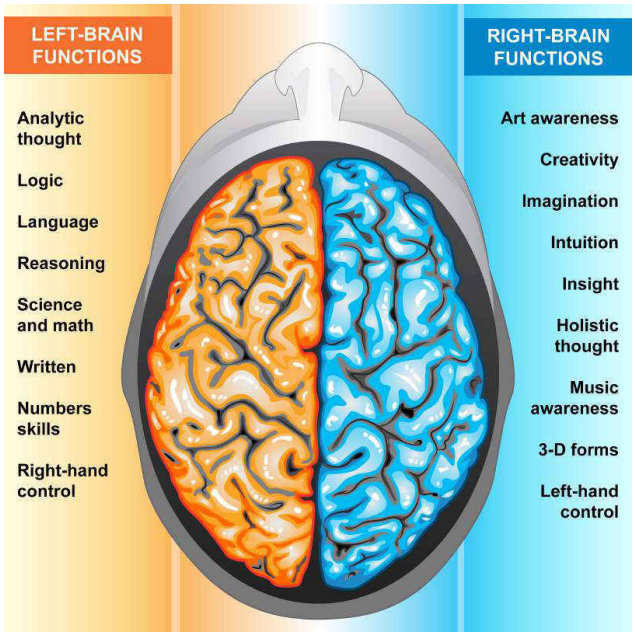
Brainwaves & States of Consciousness

Did you know that the human brain is the most sophisticated living structure known in the world?

The brain, as you aware, is the literal nerve center of the body, controlling all of its highly complex functioning. The extent of the brain's capabilities are not yet fully known. The human brain is a mystery whose solution is a focus of the world's top neuroscientistS. Each hemisphere handleS information differently.

The brain is divided into right and left hemispheres. The left hemisphere is viewed as more verbal and analytical, processing information sequentially. Left-brain activity is typically associated with rational and logical thought.

The right hemisphere of the brain is considered more visual and intuitive, processing information in a simultaneous way. Right-brain thinking is typically



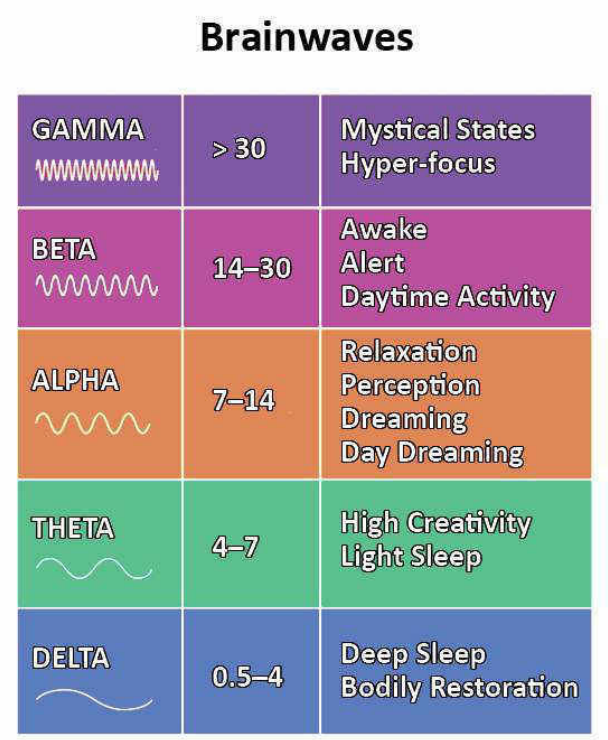
associated with emotion and creativity. Both hemispheres are complementary and function optimally when they work together.

While traditionally it was thought that the right and left brain hemispheres performed unique functions, scientists now believe that much brain activity is not necessarily hemispheric-specific. Nevertheless, the right-brain/left-brain model serves as a convenient metaphor.

Scientists can measure electrical activity generated by the brain in the form of nerve impulses, or brainwaves. Brainwave frequency is measured in Hertz, or cycles per second, and is divided into bands delineating slow, moderate, and fast waves.

BRAINWAVE ENTRAINMENT

Monroe technologies, known to produce profound effects in listeners' experiences, comprise of audio stimulation techniques based on two fundamental,



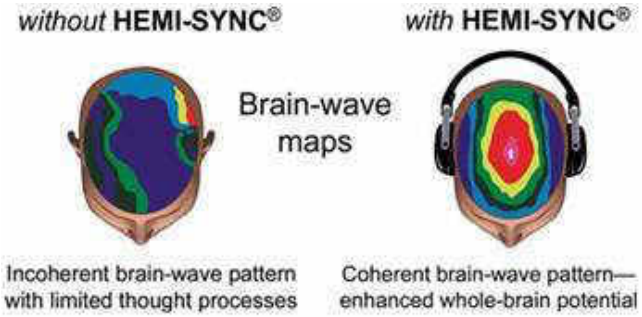
naturally occurring auditory phenomena: frequency following response (FFR) and binaural beat stimulation.

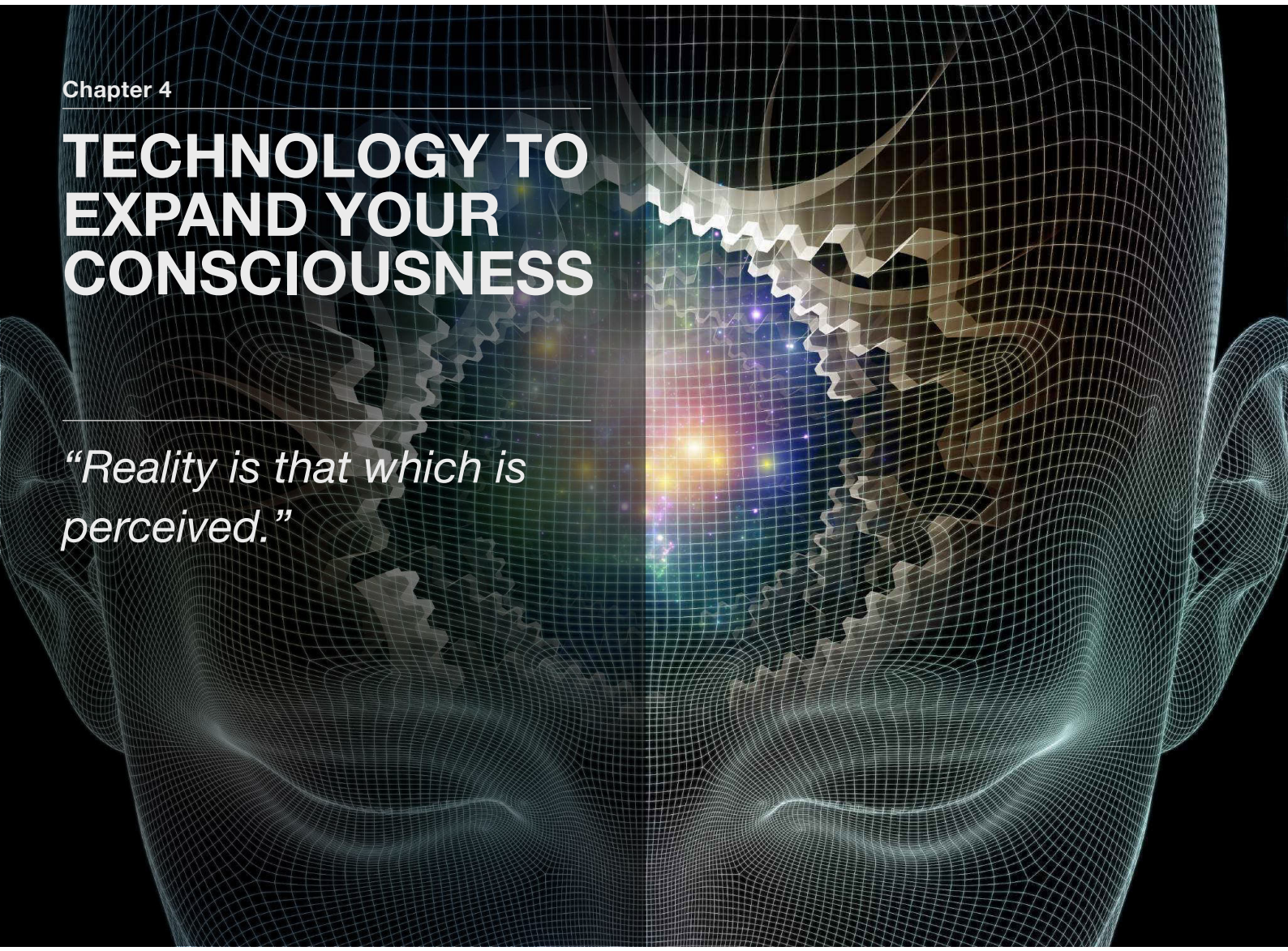
By using FFR and binaural beat specific frequencies, then stacking, blending, and sequencing them

throughout the duration of an exercise, targeted states of awareness can quickly and easily be achieved.

Monroe technologies, while powerful, are noninvasive. You can choose whether or not to allow the signals to influence you.

Best of all, brainwave entrainment occurs. Over time, the brain learns to reproduce the signals without the use of Hemi-Sync or Spatial Angle Modulation™ (SAM) recordings. Monroe described Hemi-Sync as tantamount to training wheels on a bicycle.

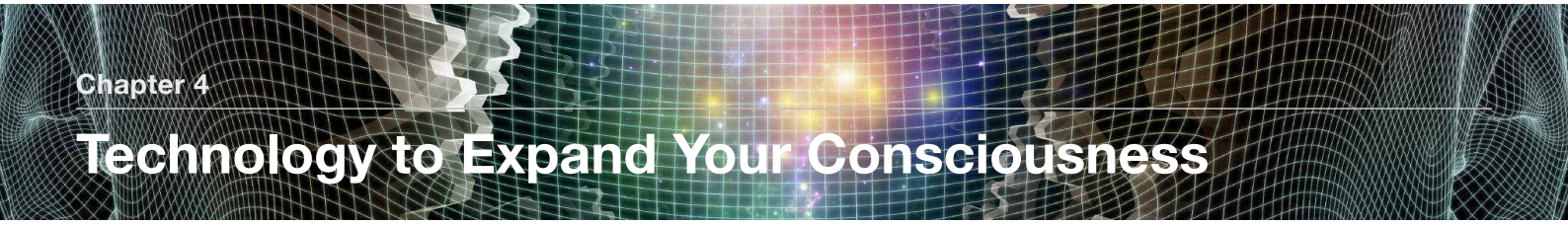




Chapter 4

TECHNOLOGY TO EXPAND YOUR CONSCIOUSNESS

“Reality is that which is perceived.”



Chapter 4

Technology to Expand Your Consciousness

HEMI-SYNC

Hemi-Sync uses complex, multilayered audio signals, which act together to create a resonance, a frequency following response, in the brain that is reflected in unique brainwave forms characteristic of specific states of consciousness. The result is a focused, whole-brain state known as hemispheric synchronization, or Hemi-Sync, in which the left and right hemispheres are working together in a state of coherence.

Hemi-Sync signals are used to help guide the listener into targeted states of consciousness, from deep relaxation and super alert and aware states to exceptional human experiences (EHEs).

SPATIAL ANGLE MODULATION™

Spatial Angle Modulation™ (SAM) is an audio technology designed to evoke beneficial states of consciousness through the application of carefully designed sound patterns. Many listeners report achieving deep states of relaxation, heightened clarity, and expanded awareness that seem to be beyond the physical world experience.

Through adjustment of the phase relationships associated with sounds presented to the left and right ears, listeners perceive a sound source moving through space. Listeners also hear a modulation or change in tone as the sound source makes an arc. The frequency of this modulation supports specific states of consciousness in a variety of combinations.

Chapter 5

FOCUS LEVELS

“We are expressions of energy. Consciousness is focused energy. Energy focused is exponential.”

Chapter 5

Focus Levels

Where exactly is consciousness found? Is it in the body? Or out-of-body?

Over the course of Monroe's experimentation, he discovered a "quick-switch" mechanism, an ability to move quickly from one "location" of consciousness to another. In doing so, he believed that "going out-of-body" was not an accurate description of his experience. He felt that consciousness was never really "in the body" to begin with. Instead, all experiences deemed "altered states," "meditation," "OBEs," and "astral projection," among others, are simply states of consciousness focused in particular ways and at varying degrees from the physical.

PHASING

The term phasing comes to us from physics. Phasing conceptualizes consciousness as a waveform that can be either aligned or nonaligned with physical reality. For example, when we are 100% phased into the physical we are considered perfectly aligned with normal physical waking reality. Monroe referred to this as C-1 consciousness or primary phasing. As consciousness moves further from the physical, (and the senses) consciousness is said to phase into other levels. Monroe technologies use binaural beats to influence brainwave patterns in the listener, facilitating the experience of various levels of consciousness.

Monroe developed a series of signposts, which he called “Focus Levels,” to describe certain distinctive levels of awareness through which our consciousness shifts when expanding beyond the physical body. It is important to realize these Focus Levels are merely signposts identifying the state of consciousness one is in.

Focus 1 - Full, Physical Waking Consciousness

Also known as C-1, or the level of awareness in which most of us experience our normal, waking lives—the everyday ordinary reality of the physical world in which we live. This is the level of consciousness one learns to move beyond during the Gateway Voyage and other TMI programs.

Focus 3 - Increased Mental Coherency and Balance

This level is one’s first exposure to the concept and technology of Hemi-Sync, where the participant reaches a states of relaxation and increased awareness.

Focus 10 - Mind Awake/Body Asleep

This is the level at which the physical body is asleep but the mind is awake and alert. Consciousness is fully retained without dependence upon signals from the physical body. Conceptual tools are developed that the participant may use to reduce anxiety and tension, for healing, for remote sensing, and for establishing resonance with other individuals. In Focus 10, much like the dream state, we learn to think in images rather than in words.

Focus 12 - Expanded Awareness

This is a state where conscious awareness is expanded beyond the limits of the physical body. Focus 12 has many different facets, including exploring nonphysical realities, decision making, problem solving, and enhanced creative expression.

Focus 15 - No Time

The state of No Time is a level of consciousness that opens avenues of the mind offering vast opportunities for self-exploration beyond the constraints of time and place.

Focus 21 - Other Energy Systems

This level offers the opportunity to explore other realities and energy systems beyond what we call time-space-physical-matter.

Focus 23 - “New Goners”

The locale containing human inhabitants who are no longer physically alive and have become “stuck” for one reason or another. Often they are confused about or unaware, of their deaths. Many attempt to maintain contact with the physical world around familiar people or places.

Focus 24, 25, 26 - “Belief System Territories”

These areas contain afterlife expressions of spiritual traditions in human history. Inhabitants of a specific territory are with others who share their beliefs. Freewill choices here are restricted to only those compatible with the prevailing belief systems.

Focus 27 - “The Park”

An afterlife area created by noncorporeal humans. Included are centers of activity providing for the needs of human beings in their continuing development in the afterlife, such as education, life review, healing and regeneration, planning, and many others.

Focus 34, 35 - “The Gathering”

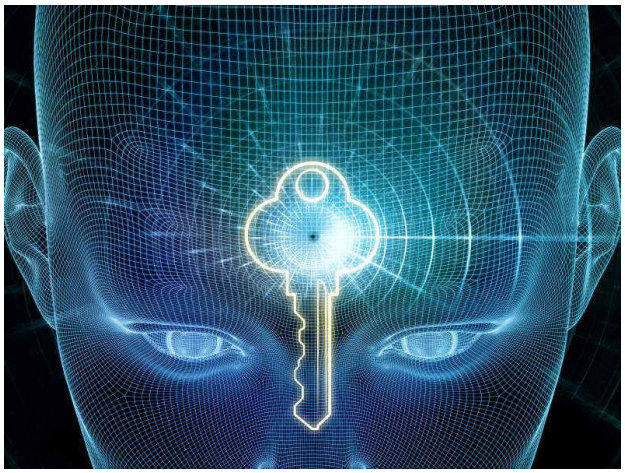
As described by Monroe in his book, *Far Journeys*, The Gathering is a state that allows communication with intelligences gathered to observe happenings on Earth. In addition, this state facilitates the gathering of aspects of the total “I-There.”

Focus 42

A state of consciousness facilitating awareness of the larger I-There Cluster, and recognition/reclaiming of further aspects of Self, expanded memory, and integration of the multidimensional Self.

Focus 49

This state, described by Monroe as an “Infinite Sea of Bonded I-There Clusters,” provides access to higher order guidance, “The Cluster Council.”



Chapter 6

AREAS OF EXPLORATION

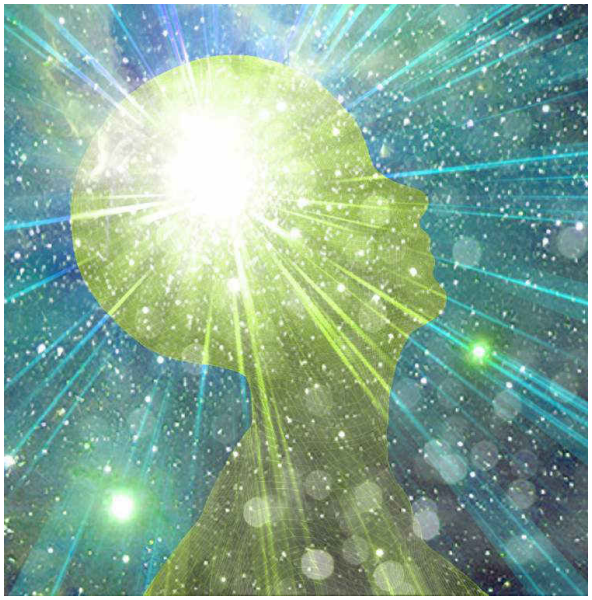
“The only way you can accept and know this extended reality is to experience it yourself.”

Chapter 6.

Areas of Exploration

The Monroe Institute was created to teach individuals to explore altered states of consciousness, tap into their highest potential, and, ultimately, expand themselves as human beings living happier, more fulfilled lives.

There are many opportunities to explore the power of brainwave entrainment on your mind-body-consciousness, on your behavior, thoughts, and emotions. TMI offers 5-day, 6-night, as well as weekend-long, residential training programs designed to help you use the uniquely effective tools and technologies for exploring expanded states of awareness. Each program is facilitated in a safe, effective, caring environment. Highly skilled professional trainers introduce you to TMI's distinctive consciousness tools and help guide you in your journey. TMI has programs to support your personal awakening.



The Gateway of Consciousness

THE GATEWAY OF CONSCIOUSNESS

Developed by Monroe himself, the Gateway Voyage® is the Institute's flagship program for the exploration of human consciousness. Monroe described the experience of the Gateway Voyage as, "a means of freedom that perhaps you've never before experienced in your life."

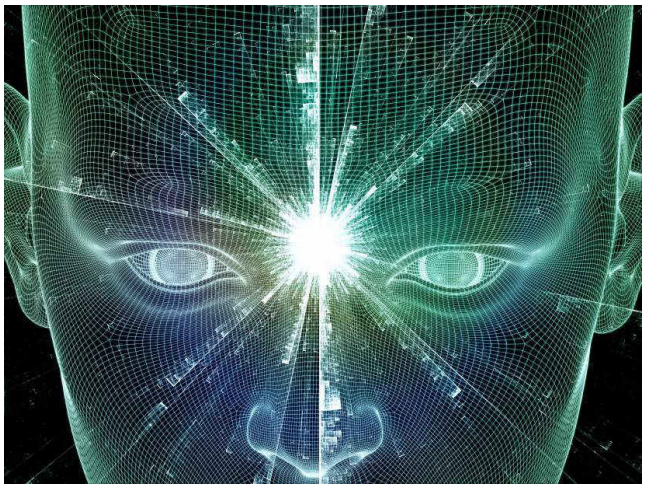
For more than 40 years, thousands of people who participated in the Gateway Voyage program have experienced exceptional states of awareness and life-enhancing benefits. This year TMI released the Gateway Experience® online version of this powerful program. The GE online programs are transformative. They can accelerate your ability to go further, deeper, and faster into unique dimensions of your consciousness. Discover how to keep your mind awake while your body is asleep, enter a state of No Time, and explore the out-of-body state and other energy systems.

Kai Sui Fung, the 91-year-old head of a Zen Buddhist Temple in Vancouver, BC, and a Gateway Voyage alumnus, believed that Gateway students could reach meditation states that took him years of "sittings", in only a week.

Testimonials from Our Participants:

"Is there a way to categorize a true experience that rattles one's heart and provides a gateway to Who You Are? Gateway Voyage was one of the wildest, most enriching experiences in my life!" ~ Amelia U.

“Gateway Voyage was so transforming and personal for me. I experienced things that I never came close to experiencing before. Messages came to me easily and clearly. The expansion of my consciousness showed such a different and bigger perception of life, death, and reality.” ~ Ilene H.



“The Gateway Voyage gave me a new outlook on my spirituality and a new outlook on life in general. I left it feeling completely fulfilled but at the same time wanting more. It turned out to be the ride of my life.” ~ Adam T.

“The highlight of my Gateway Voyage experience at The Monroe Institute is to really appreciate, on a very deep level, that indeed I am much more than my physical body.” ~ Alice S.

Areas of Exploration

Connecting to Higher Intelligences

CONNECTING TO HIGHER INTELLIGENCES

Expanding your consciousness beyond the physical body activates the potential to connect with other entities or forms of energy. Monroe referred to one of these forms as your "Inner Self Helper" or "ISH." ISH is a higher intelligence, an expanded version of you, perhaps your Higher Self, whose purpose it is to provide guidance, perspective, knowledge, and wisdom. In practicing with and using these tools to achieve states of profound awareness, you begin to allow this higher wisdom communication to come through your thinking and expression. In TMI's Guidelines® program, you discover how to go within, deepen your intuitive channels, and access your inner guidance.

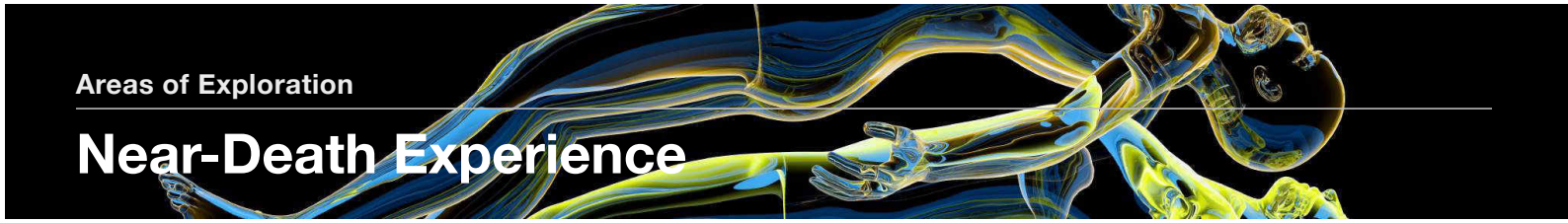
Testimonials from Our Participants:

"I gained a deeper understanding of my vastness as a conscious being, and with reliable ways to access my inner wisdom as well as a deep and lasting peace about life and life beyond the physical." ~ Macca P.

"Guidelines was profound, quiet, and life-changing. My new career path became crystal clear during the program." ~ Michele S.

"Since taking Guidelines my life has become elegantly uncomplicated. I learned skills to accurately and consistently access my inner guidance system, and make better life choices even years later." ~ Laura D.

Near-Death Experience



NEAR-DEATH EXPERIENCE

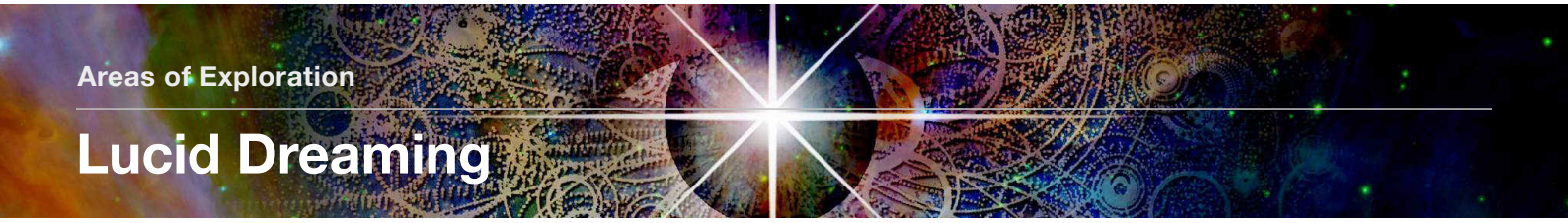
Perhaps one of the most fascinating aspects of this modern form of consciousness expansion takes place in the non-physical realm of Near Death Experience (NDE). In the NDE Intensive program, under the guidance of an NDE expert trainer, you explore these realms in a way that is safe and transformative. This program focuses on the out-of-body state and aspects of NDEs such as exploring the tunnel of light, meeting guides, reuniting with loved ones who have transitioned, and experiencing a life review.

Testimonials from Our Participants

“Even though I know dying, my dying, is inevitable, and I know that and have known that for quite some time it still scares me as an unknown. This experience took away a lot of the unknowns to the point where I almost—almost, but not quite—look forward to passing on to that inevitable nonphysical phase of existence.” ~ Mike B.

“Due to my experiences in this course, I am clearer about the nature of reality, and who I am contacting “on the other side” when I pray, meditate, and seek spiritual guidance. I feel surer of my sources/guides and more at peace with my existence on this physical plane. I found the guided adventures deeply satisfying and reassuring. I feel more sure of myself and my ability to guide my life path, having a better assurance of what I am about here and how things will be later, after I leave this earth plane. Great course, profound experiences, life-changing. Thank You!” ~ David M.

“There is a lot of information on the process of dying (through readings and classes). This program, however, focuses on experiences after we die. I recommend this to anyone who has any interest in death and the afterlife, as well as those who may have fear of death. This Intensive program shows us the profound beauty, joy, peace, and awakening death brings. I can even say it gives us a second chance at life. I am very grateful to have participated in the NDE Intensive as it greatly adds to my already unfolding spiritual awakening. Thank you for making this available!” ~ Lisa B.



Areas of Exploration

Lucid Dreaming

LUCID DREAMING

One powerful aspect of working with Monroe technologies, is the ability to experience consciousness as a continuum. In the Lucid Dreaming program, you can further explore the continuum of the waking dream world. Specific sound frequencies coupled with powerful mindfulness meditation techniques allow you to experience lucid dreaming without losing consciousness. While in the portal of dream consciousness, you may choose to interact with your dream state, induce dream content, and work with dream helpers.

Testimonials from Our Participants

“Lucid Dreaming is one of the best programs I've taken at TMI! I was challenged to redefine my distinctions between waking and sleep, between life and death. For the first time, I experienced, rather than understood, consciousness as a continuum.” ~ Leslie

"We learned to become aware that we are actually in and co-creating our dreams. My favorite experiences were inner healing, relaxation, OBE work, connecting with higher consciousness levels in the universe, and meeting and connecting with death. It was a week full of exciting revelations and new experiences beyond this physical body of mine.” ~ Virginia C.

Advanced Journeys into the Afterlife State

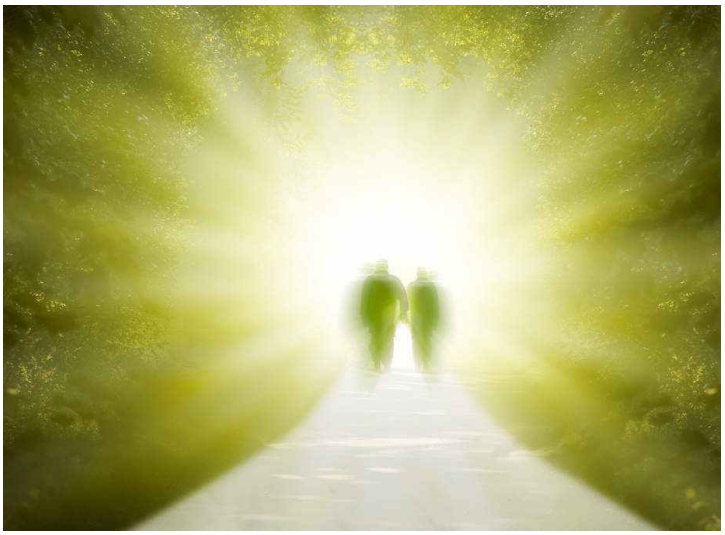
ADVANCED JOURNEYS INTO THE AFTERLIFE STATE

The more you expand your consciousness, the more you will come to realize that consciousness continues beyond death. Advanced practitioners may continue to deepen their explorations by reaching specific states of awareness associated with the afterlife state. In TMI's Lifeline® program, you have the unique opportunity to visit these realms, make contact with people who have transitioned, perform "rescues and retrievals" for souls unable to move on, and return at will. Monroe described The Park, an afterlife area created by humans, often resembling physical earth environments. Many people inhabiting Focus 27 provide assistance to new arrivals in their adjustment to living in the afterlife. It is a highly organized and structured area. There are centers of activity providing for the needs of human beings in their continuing development in the afterlife, such as education, life review, healing and regeneration, planning, and many others.

Testimonials from Our Participants

"The second Lifeline was a totally different but equally powerful and effective learning expansion. I experienced a tremendous amount of contact and retrieval activity … the program was a total success for me. In the past, contacts had usually been spontaneous communications related to relatives and friends. Now others were making contact. It felt fulfilling to have opened to this transmitting partnership." ~ Micki H.

“Lifeline was a special experience. It was, oddly enough, grounding for me helping lost souls find the light. I had no idea I could be of service in that way. Great Stuff!” ~ Ken G.



“The TMI Lifeline program was/is invaluable to me as it provided the tools and processes to assist others and still does. I would repeat this program several times over in order to perfect the skill and help as many ‘lost’ souls as possible.” ~ Larry R.

“Lifeline not only gave me tools to help others, but through the process of helping others, provided me with valuable insight about myself. This caused me to become less judgmental and more open to life's possibilities.” ~ Karen R.

Areas of Exploration

Deep Space Exploration

DEEP SPACE EXPLORATION

Participants ready for advanced explorations of consciousness can experience multi-dimensional journeys through deep space. TMI's Exploration 27® and Starlines programs explore consciousness beyond the Earth Life System. During these galactic, and intergalactic, journeys there are opportunities for you to discover relationships with other life forms, experience what Bob Monroe referred to as "I-There Consciousness," and reclaim, remember, and integrate parts of yourself. These programs in particular draw in participants who want to deepen their understanding of their role and place in our vast universe.

Testimonials from Our Participants:

"Starlines is an energetic and fascinating 5-day, 6-night journey into meditative exploration of the deep space of our universe and how it connects with the inner space of our total selves. It invites us to open ourselves to the mind bending perspective of the vastness of outer space and the miracles that dwell there … This is important work, indeed. I'm in deep gratitude to Bob Monroe, the creator of Hemi-Sync, Franceen King for listening to her guidance in the creation of this exemplary and life-changing program, and to The Monroe Institute, for creating safe space for all of us to continue our journey toward self-actualization and wholeness." ~ Elena G.

“My experience was almost indescribable. It was expansive, peaceful, loving, enlightening, and much, much more. I lost the notion of ‘me’ and felt one with the galaxy. My spiritual awakening during Starlines I increased exponentially as I experienced firsthand the cosmic consciousness, identifying with our galaxy and beyond.” ~ Andrea B.

“The techniques I learned in X27 made me realize that we are free to separate our consciousness from the physical body at will and traverse the universe. What FREEDOM! Exploration 27 really delivers an extraordinary experience. It remains one of my very favorite workshops to this day.” ~ Carol J.

“During Starlines, we ‘learned to travel the wave’ into true Kosmic Consciousness, and what a ride it was! Our group moved in a parallel process from the Earth to the solar system to traveling the Milky Way. We

dove into our galaxy cluster, touring superclusters of galaxies and finally venturing through the galactic core/star gate to what scientists now believe was the source of our Universe: The Great Attractor. Both our awareness of Focus levels and our I-There expanded. Through the Starlines process, we came to a profound understanding of the aphorism ‘As above, so below.’ Starlines delivers as a path to liberation and a portal opening into true Kosmic Consciousness.” ~ Gary C.

Areas of Exploration

Manifestation and Psychokinesis

MANIFESTATION AND PSYCHOKINESIS

In TMI's MC^2 program, participants explore the high-focused energy and empowering beliefs necessary to achieve psychokinesis (PK). Guided by an expert PK trainer, you explore connecting clearly to your deepest intuitive self, to perceive potential realities, select a desired outcome, and finally, bring it into your physical experience. Perhaps one of the most profound aspects of this program is the opportunity for you to witness and experience firsthand the power of your mind and intention. This is demonstrated by exploring a range of activities such as bending metal spoons, illuminating light bulbs, accelerating the growth of seeds, and throwing exactly the number you desire on a dice. The more that you work with these tools and technologies, the greater the potential to hone your ability to use the focus of your mind and energy to influence physical matter.

Testimonials from Our Participants:

"When I say that part of my MC^2 experience involved tapping into psychic power to perform healing, control dice throwing, bend spoons, light up a light bulb, and germinate seeds spontaneously in the palm of my hand, you may have various reactions: astonishment, disbelief, awe, curiosity, doubt, or judgment. My final attitude was a combination of awe, joy, and profound gladness and gratitude for the opportunity to share this awakening, living dream." ~ Dawn T.

"I sincerely believe, no matter who you are, no matter where you come from, that participation in this course

will translate into positive direction in your life, and I encourage you to consider attending.” ~ R.T.

“Through raising our heart energy and eliminating personal blocks that prevented being in a connected, loving space, we learned the amazing truth of our personal capabilities.” ~ T.K.

“I have co-trained MC^2 for the last 14 years. I have seen countless examples of amazing manifesting and healing that go beyond logic and shift into the realm of the magical.” ~ Patty Ray A.

Areas of Exploration

Perceiving the Unseen

PERCEIVING THE UNSEEN

One intriguing area of consciousness exploration is the field of remote viewing. Remote viewing is the ability to perceive and describe information about a person, place, or object from a distance. TMI's Remote Viewing program was developed by Skip Atwater and Joseph McMoneagle. Joe is an internationally renowned remote viewing master, author, and trainer. In this program you learn to expand your consciousness, focus your mind to receive information, and ultimately, remote sense the unseen. This program weaves together state-of-the-art Hemi-Sync technology along with scientifically tested perceptual tools and techniques. You learn all roles associated with remote viewing and then participate in a series of double-blind, independently judged remote viewing trials to exercise your newly acquired skills.

Testimonials from Our Participants:

"It is fascinating how I can get on the background of my eyes the indications of an object independent of its location in the universe and in time that I have chosen through my mind." ~ René

"At week's end, I believe not one of us left The Monroe Institute doubting that human beings have the ability to 'go' to targets without leaving their bodies and to return with accurate information." ~ Katie

Emotional Healing

EMOTIONAL HEALING

Monroe audio guidance technology has a powerful influence over your capacity for emotional healing. In TMI's Heartline program, participants dive deep into Self, transforming limiting beliefs around feelings of worthiness, trust, and acceptance. In this Heart Consciousness exploration, you are taught to open to greater self-love and acceptance and experience gratitude on a cellular level.

Testimonials from Our Participants:

"I want to live! That's what I felt after a week at The Monroe Institute attending the Heartline program. Before Heartline, I had been emotionally crushed over the death of my husband … The week was full of joy and laughter. I clearly needed the laughter and joy for my heart healing. Heartline changed my life. The tools gained will guide me into extraordinary future adventures in this life, and beyond." ~ Leslie R.

"One of the exercises in the Heartline program showed me what unconditional love felt like for the first time in my life, along with giving me permission to forgive myself for not being perfect." ~ M.J.M.

"The Heartline program did it for me. It was one of those rare programs that changed the direction of my life. I am extremely grateful for the experience." ~ Mike G.

Areas of Exploration

SHIFT YOUR ENERGETIC FREQUENCY

SHIFT YOUR ENERGETIC FREQUENCY

A shift in your energetic frequency can have an instant and dramatic impact on every aspect of your life. At TMI's Energy Body program, discover how to activate and increase your energy to create vibrancy and vitality in all aspects of your life. This program integrates Hemi-Sync technology with energy-enhancing exercises and guided out-of-body meditation techniques. Learn energetic tools and techniques to create more success, joy, and personal power. Activate and focus your energy. Remove imbalances and blocks. Release stuck emotional energy. Shift into empowered states for manifesting desires.

Testimonials from Our Participants:

"This workshop was my introduction to Monroe's work. Patty helped create a climate of warmth and openness that served our group. It was fun, surprising, loving, and incorporated so much wisdom and knowledge. I loved it!" ~ Priscilla

"My whole view of life has changed from all that I have learned from TMI. Thank you." ~ Ann L.

"Patty is an excellent course leader. She combines experience, wisdom, and professionalism with genuine love and caring for participants. She is awesome." ~ Betty S.

Out-of-Body Experiences

OUT-OF-BODY EXPERIENCES

In TMI's OBE Intensive, world-renowned author and OBE expert William Buhlman leads you through six days of powerful explorations of out-of-body states of awareness; you learn techniques to consciously experience and control OBEs, gain awareness of nonphysical realities, awaken to your spiritual identity, and recognize your ability to find answers for yourself. Extensive training is provided in OBE preparation, mindset, creating your personal sacred space, and spiritual exploration within thought responsive realities.

Buhlman explains, "The benefits of out-of-body experiences are a reality that each of us can experience. All we need is an open mind and the proper guidance to access our unlimited personal potential. After an out-of-body experience, many people report an inner awakening of their spiritual identity, a transformation of their self-concept. They see themselves as more than matter, more aware and alive. They express a profound inner wisdom based on personal spiritual experience. Many report being connected to something greater than themselves, connected to the very source of life itself. They report a powerful feeling of breaking through a dense barrier of ignorance, fear, and limitation.

"Perhaps the most important benefit received from out-of-body experiences is the recognition of our personal ability to discover the answers for ourselves.

“This journey of consciousness from the physical to the spiritual is a reality we cannot escape—our only real decision is when we are going to begin.”

Testimonials from Our Participants:

“Buhlman’s OBE workshop is simply a life changing experience!” ~ Brian P.

“My entire concept of reality is completely altered. I now feel completely prepared for all journeys of consciousness in my life.” ~ Sharon B.

“The OBE workshop is truly an intensive experience; Bill even wakes us up in the middle of the night to continue our training.”~ Bob M.

Heal Unresolved Issues

HEAL UNRESOLVED ISSUES

Are you fulfilling your greatest potential? In TMI's Timeline program, special exercises powered by the Hemi-Sync technology guide you step by step toward discovering your life's higher purpose.

Timeline leads you first to revisit the early years of your life, uncovering and releasing old beliefs or recurring emotions that have limited or obstructed your progress. Next, you are guided into a deep exploration of "past lives"—other aspects of your consciousness—toward a new understanding of the origins of your current life situation. Ultimately, you are led to move forward in local time, meeting your higher self, perceiving future events, receiving clarity about your purpose, and gaining a new life overview.

This program includes an individual session in the TMI lab using the L.I.F.E. Quantum Biofeedback System, an extremely unique experience during which you are guided to a past lifetime/consciousness aspect where you have the opportunity to heal an unresolved conflict from that time line.

Testimonials from Our Participants:

"Powerful! Timeline goes right through the heart. It was profoundly changing." ~ Lorna B.

"A really wonderful, fantastic, awesome program. It gave me insight into current problems and the ability to clear these issues through time." ~ Rose D.

"This workshop provided me with tools to help me

change some of my old behavior habits, no matter where or when I created those patterns.” ~ Dick W.

“Timeline was a great gift for me, full of self-discovery and brilliant tools for enhancing personal power.” ~ Barbara B.

Areas of Exploration

Create Your Destiny

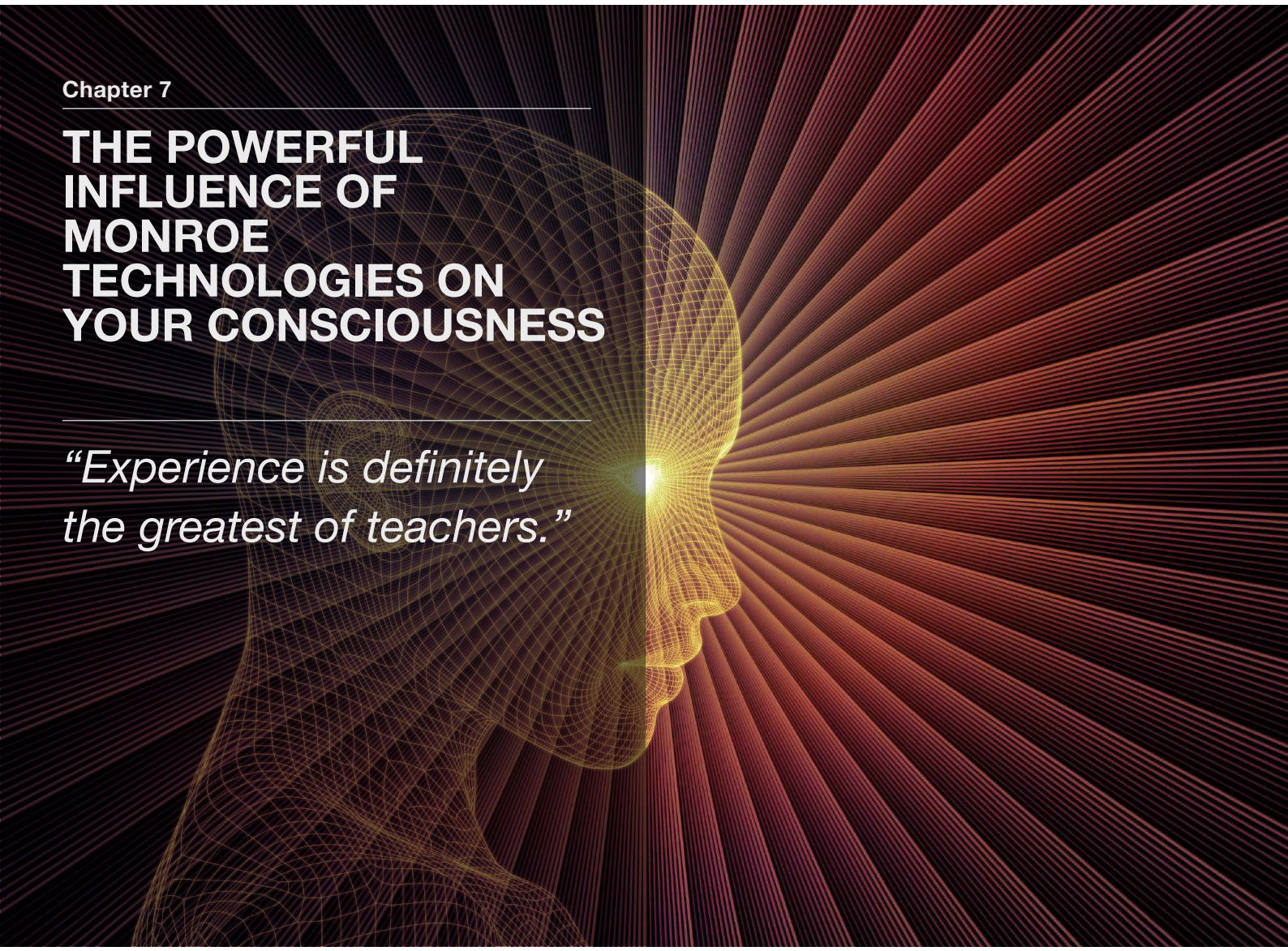
CREATE YOUR DESTINY

In the Event Horizon program you are led to breach the barriers of your perceived limitations, to transcend your self-imposed restrictions, and to illuminate your path to freedom. Learn a means of creating your destiny rather than accepting or surviving your fate. Each of us carries a story of whom we believe we are and what reality is. These stories can create the illusion of limitation that attempts to satisfy us with much less than the actualization of our magnificent positive potential. In TMI's Event Horizon program, using the SAM audio technology, you will realize and experience that your reality is initiated from within.

Testimonials from Our Participants:

"I often have difficulty meditating, with my mind running off in different directions. The series of exercises that Marinda, Bob, and Natalie took us through took me to a point where I could return with ease to my 'center.' The whole experience was, to put it mildly, awesome. I have never felt more present in myself, and the feeling lasted well beyond the program." ~ Susan S.

"I've done more than 20 Monroe programs, and Event Horizon was my favorite program of all time." ~ Bob



Chapter 7

THE POWERFUL INFLUENCE OF MONROE TECHNOLOGIES ON YOUR CONSCIOUSNESS

"Experience is definitely the greatest of teachers."

Chapter 7

The Powerful Influence of Monroe Technolgies on Your Consciousness

Monroe's work inspired an entire industry of mind/brain products. After 50 years of research, Hemi-Sync remains unparalleled in its ability to assist us in accessing our greatest potential.

With the development of SAM and constant advances in SAM's effectiveness as a mind-body-consciousness enhancing tool, the benefits of Monroe technologies are undeniable. Together with advanced consciousness exploration tools, techniques, and world-class trainers, TMI creates a safe space to expand beyond the confines of time and space, beyond the limits of your physical body.

Tens of thousands of participants have reported the life-enhancing benefits of using this technology, such as:

- Gaining a profound inner wisdom
- Deepening understanding of oneself
- Discovering hidden aspects of oneself
- Releasing fears and self-limiting beliefs
- Experiencing freedom like never before
- Developing the desire to live differently
- Connecting to something greater than self
- Gaining a deeper appreciation for life
- Expanding one's intuitive abilities

- Greater capacity for love, peace, and trust
- Feeling more joy, freedom, and balance
- Enhanced manifestation skills
- Coming into greater wholeness and balance
- Finding artistic expression and insight

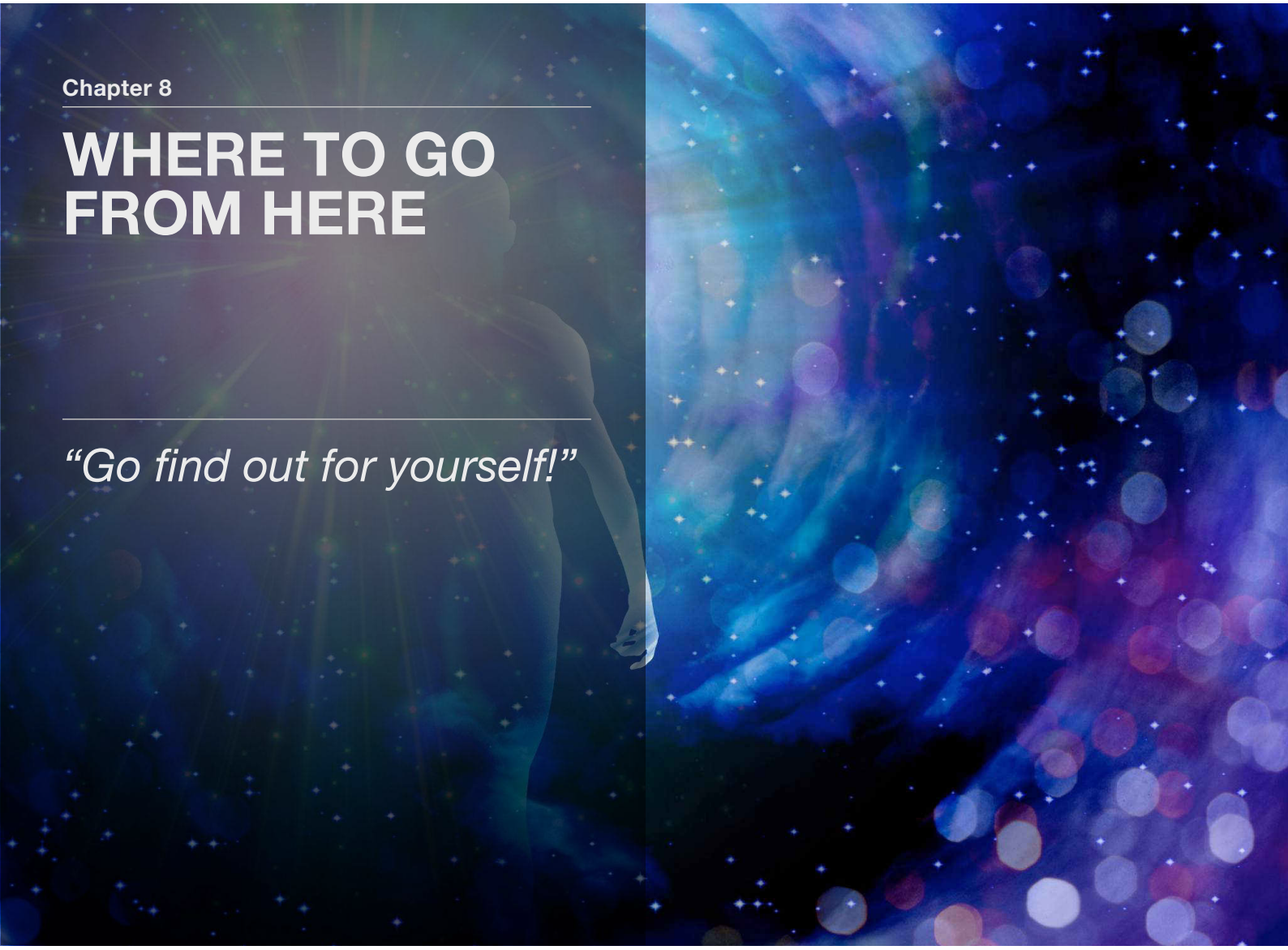
“Every time I come here my life changes in a meaningful way.” ~ Cara M.

“My whole view of life has changed from all that I have learned from TMI. Thank you.” ~ Ann L.

“This was one of the most powerful processes I’ve learned for growth in my personal life, as it has truly allowed me to release the fear of death.” ~ Janice O.E.

“Life changing, would recommend to anyone interested in growth.” ~ Jef C.

“This was one of the most beautiful weeks of my life. Unexpected revelations kept coming all week long, and like a Hollywood movie, culminated in the most beautiful ending imaginable. Now, without a doubt, I know how much more I am.” ~ Adam Y.



Chapter 8

WHERE TO GO FROM HERE

“Go find out for yourself!”

Chapter 8

Where To Go From Here

AUDIO EXPLORATION AT HOME

Over the years, Monroe audio technologies have been continually refined and are available in a wide range of applications, such as increasing focused attention, reducing stress, meditation, enhancing sleep, managing pain, attaining extraordinary states of consciousness, and many others. Hemi-Sync CDs are available for purchase through TMI's online store or in audio-download formats at hemi-sync.com. SAM CDs and downloads are available through TMI's online store.

OUTREACH AND EXCURSION WORKSHOPS

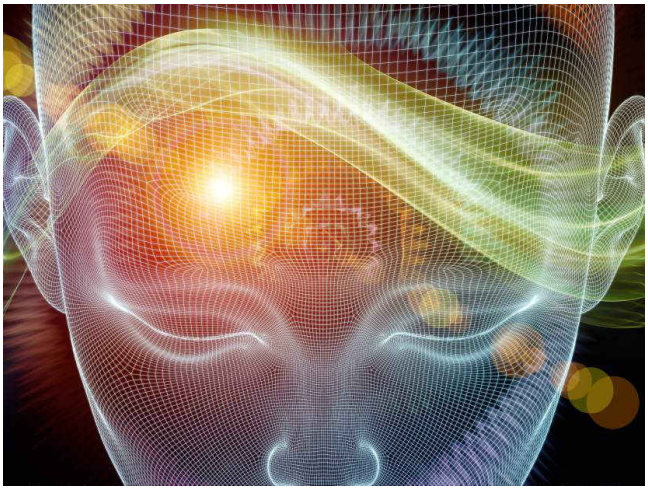
Outreach Workshops are off-campus one- or two-day programs facilitated by certified TMI Outreach trainers. Excursion Workshops offer a two-day experience of expanded states of awareness. Specifically designed exercises with the Hemi-Sync audio guidance technology form the core of the workshop, together with explanation, discussion, and supportive group interaction. These programs can bring about profound relaxation, deep contemplation, increased intuition, and communication with your Total Self and related energies. TMI also offers Advanced Outreach Excursion Workshops in the areas of personal development, healing development, and inner development.

ONLINE PROGRAMS

Currently TMI offers the Gateway Experience e-learning program, an online interactive course exploring the Gateway of Consciousness. This program allows you to experience the power of the Hemi-Sync audio guidance technology and the tools and techniques taught in the Gateway Voyage program, all from the comfort of your own home. Gateway Experience consists of six progressive online modules called Waves. Every Wave is designed to take you into deeper, more profound states of awareness.

Each Gateway Experience Wave module includes:

- Six weeks of online lessons (including intro and wrap-up sessions)
- An online discussion support forum
- Weekly teleconference calls with a highly experienced and skilled trainer



RESIDENTIAL PROGRAMS

Monroe was alone when he began having spontaneous OBEs. He feared for his sanity, for his health, and sometimes for his life. Decades of experience taught him two important facts: (1) fear is the greatest barrier to awakening; and (2) that through them he learned transforming, life-enhancing lessons. He realized that what was learnable was teachable.

This epiphany led to the creation of the uniquely powerful Gateway Voyage program, the original portal to multidimensional travel.

Today, TMI offers 5-day, 6-night, as well as weekend-long, residential training programs at their campus in Faber, Virginia, and other locations across the globe. These programs are designed to teach participants to acquire and use tools and technologies to explore expanded states of awareness. TMI offers both basic and advanced courses in a wide range of focuses from deep relaxation and out-of-body experiences to remote viewing, afterlife exploration, and many more extraordinary states. A complete list of programs and a current schedule can be found here.

Conclusion

Thank you for reading Gateway to the Human Mind: The Secrets to Going Out of Body and Other Expanded States. If your heart and your curiosity are pulling you to know more, experience more, be more aware, The Monroe Institute is ready to assist. For further information on TMI and our programs, please visit us on the web at www.monroeinstitute.org.

The Monroe Institute® is a nonprofit 501(c)(3) educational and research organization dedicated to the exploration of human consciousness and is internationally known for its work with audio sound patterns that can have dramatic effects on states of consciousness.

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